



# MULLION COVE

HOTEL & SPA

*A World of its Own*

At Mullion Cove Spa we have purposefully selected sustainable, soil association organic products as we believe in protecting the planet and our oceans, and using the highest quality ingredients to keep you looking and feeling fabulous.



MADE FOR LIFE  
*by Spiezia Organics*

VOYA | organic luxury  
from the sea



# OUR PRODUCTS

*At the Heart of our Spa...*



We are thrilled to partner with **Made for Life Organics** who offer a selection of beautiful, expertly hand blended delights which are made right here in Cornwall and share our passion for “skincare that nourishes your body both inside and out.”

We are also delighted to partner with Atlantic Ocean sharing company **VOYA** who hand craft healing organic seaweed based products on the West Coast of Ireland, whose treatments and ingredients are at the heart of our spa, connecting us with our surroundings; the ocean, and our bodies.

**VOYA** and **Made for Life Organics** products feature throughout our spa and hotel and are available to purchase and continue your organic skincare journey wherever you are.

## Made for Life Organics

A collection of deeply effective therapies to help rejuvenate, refresh and relax. 100% Organic skincare products hand-blended in the heart of Cornwall gently stimulate the senses and help you find space to catch the breath.



## MADE FOR FACE

### Uplift and Rejuvenate Facial

75 minutes | £85

Natural face lift using nourishing oils and specific massage techniques from India and Japan to tone, lift and stimulate blood flow, leaving skin glowing and rejuvenated.

### Soothe and Nurture Organic Facial

30 minutes | £49

Restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to your skin.



### Rose Quartz Wellness Facial

60 minutes | £65

This beautifully relaxing facial uses the nurturing Made For Life Organics Range. Combined with the cooling Rose Quartz 'Gua Sha' crystals, this treatment will nourish and hydrate your skin whilst reducing fine lines and wrinkles. Your skin will feel smoother and look radiant. A gentle pressure point facial massage and soothing head massage will melt away any tension.

## MADE FOR BODY

### Relax into Radiance

90 minutes | £95

Melt away tension from over worked muscles. The body is treated to a skin softening exfoliation rich in lemongrass and calendula, followed by a full body oil application. A skin brightening facial cleanses and hydrates the skin, whilst a head massage clears and calms the mind.

### Mindful Moments

60 minutes | £70

A beautiful nurturing meditation experience with a calming foot ritual, scalp, neck and shoulder massage along with a firm and meaningful back massage. Clears the mind and soothes the soul.



## MADE FOR WELLBEING

### Hands on Heart\*

55 minutes | £70

90 minutes | £95

A nurturing and calming treatment for the head, face, back and shoulders, created to allow you to drift away into a meditative state of relaxation. Using slow rhythmic techniques to calm the nervous system, also suitable for recovery and rehabilitation.

(90 minutes) includes a facial to deeply nourish and revive the skin.

### Catch the Breath\*

30 minutes | £49

A soothing, gentle treatment for the head, back and shoulders to allow you to drift away into a meditative state of relaxation. Gentle stretching of the neck and shoulders with a head massage. Slow, rhythmic techniques providing complete tranquillity and relaxation.

\*Also suitable for people living with or recovering from cancer.

## VOYA Skincare from the sea

Sustainably hand harvested organic seaweed therapies. Ideal for sensitive, inflamed skin, rheumatic conditions and those who love the sea...

**VOYA** | organic luxury  
from the sea



### FOR THE FACE

#### Deluxe Facial Experience

90 minutes | £99

The ultimate facial experience. Your treatment begins with a relaxing back, neck and shoulder massage to gently melt away muscular pain, followed by a results driven hydrating and purifying facial using organic seaweed leaves to rejuvenate and deeply nourish the skin.

#### Anti-Aging Restorative Facial

75 minutes | £95

This treatment is suitable for all skin types and is focused towards those in search of anti-aging results. This restorative facial uses Voya's finest organic ingredients combined with antioxidant algae extracts and a restorative blend of aromatherapy oils, including organic seaweed leaves to hydrate the skin. It is this mixture of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural and more radiant glow.



#### Skin Renewal Facial

60 minutes | £69

This is a specialised facial, using VOYA's first Biotech Organic Advanced Facial Serums. Combined with sonic pulses from the Haumea Facial Brush, this deep cleansing facial targets various skin concerns.

Using \*AHA peel to reduce congestion and to brighten the skin, then continuing with an age-defying facial massage. This treatment is perfectly tailored for optimum skin health.

\* This requires a patch test 24-48 hours prior to treatment.

\* Bioretinol Concentrate Serum

\* Hyaluronate Anti-Pollution Serum

\* Vitamin C Antioxidant Serum

#### Intense Defence Male Facial

75 minutes | £75

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse. Relax with our soothing face and scalp massage, whilst the magic of VOYA's seaweed leaves and Mermaid's Purse mask are



used to soothe even the most sensitive skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, refreshed and mattified.

#### Organic Boost Facial

30 minutes | £45

Revive the skin with a vitamin and mineral boost to leave the skin looking radiant and feeling soft and smooth. Ideal for sensitive skin types and those looking for a relaxing and effective way to bring vitality back to the skin.

### FOR THE BODY

#### Organic Stimulating Seaweed Body Buff

60 minutes | £69

Let VOYA scrub you head to toe with certified organic Bladderwrack body buff (Fucus Vesiculosus), this is the ultimate treat for tired, dull and lack lustre skin. High in antioxidants from our mineral-rich Bladderwrack seaweed combines with VOYA's signature massage oils to offer a powerfully stimulating way to better your skin.

### BODY WRAPS

#### Organic Seaweed Leaf Wrap

90 minutes | £125

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to exfoliate and wrap your body.

Beginning with a Bladderwrack body buff, this treatment detoxifies, firms and softens the skin. Your whole body is then enveloped in Laminaria Seaweed leaves for instant results. Completed with a massage application of VOYA's Softly Does It body moisturiser to nourish and soften the skin.

### Full Body Exfoliation

60 minutes | £65

A special treat of full body exfoliation with your choice of Detoxifying seaweed, refreshing peppermint or relaxing lavender. Followed by an application of softly does it body moisturiser to hydrate the skin.

### Organic Tangle Me up Wrap

75 minutes | £79

Hydrate and relax tired lethargic muscles, relieving stress and fatigue. This treatment includes full-body brushing to increase circulation and to aid penetration of the mineral rich seaweed gel, while the wrap's antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed and signs of aging will be visibly reduced.

### Warm Lavender Sleep Wrap

60 minutes | £65

This warming lavender sleep wrap, begins with a deep body brush exfoliation to remove dry skin cells and to encourage cell renewal. A soothing application of VOYA's new Bouyancy Body Butter, with its beautiful blend of Lavender and Rosemary essential oils will leave the skin feeling silky smooth and nourished. Cocooned in soft muslin, a soothing scalp massage will leave you feeling deeply relaxed.



## BODY MASSAGE

### Voyager Massage Journey

30 minutes | £55 Back, neck and shoulder massage

60 minutes | £80 Full body massage

90 minutes | £95 Full body massage

Including face and scalp. Bespoke massage tailored to your body's needs.

A complete head-to-toe relaxation journey, this ritual incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains.

Choose from:

- **Uplift.** Lime and Mandarin – Angelicus Serratus
- **Relax.** Lavender and Rosemary – Mindful Dreams
- **Muscle Relief.** Serenergise Sweet Orange – Serenergise Body Massage

### Invigorating Seaweed Back Ritual

45 minutes | £59

Unwind with our detoxifying seaweed scrub, a warm organic spiced mud mask, followed by Voya's hydrating softly does it massaged into the back, neck, shoulders and upper arms. This treatment draws out toxins, boosts circulation and nourishes the skin.

### Serpentine Hot Stone Massage

40 minutes | £60

75 minutes | £90

A mixture of volcanic and serpentine stones with healing properties are used to massage away tired aching, tight muscles. Perfect for those who feel the cold, hold deep tension in the muscles or to soothe an aching body after exploring the south west coast path. This treatment can be tailored to your individual requirements.

### Body Boost

40 minutes | £49

Need a boost? Refresh yourself with a signature back massage and a Voya hydrating facial. (20/20).

### Couples Massage

75 minutes | £160

With exclusive use of our Couples Suite, be romanced with a rose bud and Cornish sea salt foot bath, followed by a flowing, rhythmic body, face and scalp massage to reconnect, recharge and renew.



### Reflexology

60 minutes | £65

Ancient Eastern therapeutic foot massage which stimulates the body's natural healing and fine tune the inner workings of the body and its systems. Unwind and release all tension with this deeply relaxing foot and lower leg treatment and release deep seated stresses to help aid the body's natural healing response, leaving you feeling balanced, grounded yet walking on air. Ideal for those suffering from Insomnia, high stress and anxiety.

## BEYOND BODY...

### Reiki\*

60 minutes | £70

30 minutes | £40

Nurture the soul with this beautiful subtle ancient Japanese energy therapy. Allow your body and mind to drift peacefully while the waves of universal healing balance the subtle energies of your body. Deeply relaxing, calming and grounding.

\*Also suitable for people living with or recovering from cancer.

## MULLION COVE SPA SIGNATURE TREATMENT

### Mullion Ocean Essence

120 minutes | £149

Release, realign and re-energise with our signature treatment created by our expert therapists. Beginning with a stimulating bladderwrack body buff, detoxifying and firming the skin in preparation for a freestyle, full body massage tailored to your specific needs, with a choice of three oils.

Feel the warmth and energy of our local serpentine polished stones during an Organic boost facial leaving your skin radiant, soft and smooth. Unwind with a soothing scalp massage.

## MOTHER TO BE...

### Organic Maternal Voyager

90 minutes | £95

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation gently buffs the skin, leaving you feeling radiant and renewed.

Nourishing Mama Oil is used to ease stress and tension with a top-to-toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

\*Mother to Be treatments available after the first trimester.

### Organic Precious Moments

60 minutes | £75

Tailored specifically for mum and her growing bump. Your bump is enveloped in a specialised mask to help support connective tissue and prevent stretch marks.

Your feet are wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention. Hydrating organic masks work their magic while mum enjoys a relaxing face, hand, and arm massage. The perfect rejuvenating treatment to support the wonderful journey to motherhood.

## ORGANIC HAND AND FOOT RITUALS

### Organic Hand Ritual

45 minutes | £60

To nourish, recondition and refine your hands, you will first enjoy a 'Time To Shine' exfoliation from the hand to elbow. This is followed by a deeply relaxing massage to the hands and arms, after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and condition dry hands, sealing in all the goodness with VOYA's Handy to Have hand cream.

### Organic Foot and Leg Ritual

45 minutes | £60

Recharge the circulation of your lower limbs and refine the skin. Experience a Sea Salt Scrub exfoliation from the knees down. Followed by a deeply relaxing massage to the lower legs, which are then wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and revive tired feet and legs. Seal in the goodness finishing with a nourishing application of Softly Does It moisturiser.

### Walkers Leg and Foot Treatment

30 minutes | £49

This treatment gives deep muscle relief to tired overworked legs and feet. A soothing hot mitt cleanse, feel the heat muscle warming gel on targeted muscles. Warm jade wave stone leg and foot massage with our re-energising ginger oil.



### Mullion Cove Pedicure

60 minutes | £55

Sit back and enjoy a warm foot soak in our large copper bowls, followed by a meaningful exfoliation, hard skin removal and nail tidy, lower leg and foot massage with Jessica hydrating emulsion. Choose a varnish from our wide range of colours, which can be taken away for further applications. Guaranteed to leave a spring in your step!

### Mullion Cove Manicure

60 minutes | £55

A warm hand soak in our large copper bowls, followed by a hand and arm exfoliation, nail shape and tidy. Enjoy a soothing hand massage with rich hydrating Jessica emulsion cream. Choose a varnish from our wide range of colours, which can be taken away for further applications. Finishing off with intensive Phenomen Oil, A real treat for hands, nails and cuticles.

### File and Polish

30 minutes | £25 for hands or feet

Nail shape and tidy with a choice of Jessica varnish, which can be taken away for further applications. This is an express treatment when you want smart, eye catching nails in a hurry.



All of our spa packages include use of robe and towel, with full access to our indoor and outdoor spa facilities. Bathe in our outdoor swimming pool and cliff top hot tub. Relax in our indoor hydro-infinity pool, sauna, aroma steam room and salt laconicum. Cosy up by the fire with a good book, or simply marvel at the views.

With all 4 hour Spa Days there is an option to add an extra hour spa use on for £15 per person.

### Catch Your Breath

£99 per person

Escape to the edge of the world where time stands still and 'Catch Your Breath.' Recharge and reset whilst being immersed by our majestic cliff top views of Mullion Cove and beyond.

#### Includes:

- Half Day with full use of our stunning spa (4 hours)
- A choice of a 30 minute 'Soothe & Nurture Organic Facial' or 'Catch the Breath' back and scalp treatment
- Curl up by the fire with a mug of hand-picked herbal tea
- Enjoy a delicious traditional Cornish Cream Tea served in our Glenbervie Bistro post spa.

### Sea Spray

4 hours | £120 per person

Invigorate your senses with our specially designed Sea Spray spa session. Revive the body and mind with our organic seaweed based treatments, sustainably harvested by hand from the Atlantic Ocean.

#### Includes:

- Half day with full use of our stunning spa (4 hours)
- A choice of a 45 minute 'Voyager Massage Journey' or our 'Organic Boost Facial'
- Relax post treatment in our rejuvenation room with a delicious herbal tea
- Two course lunch served in our Glenbervie Bistro.

### Inner Peace – Pre and Post Natal\*

4 hours | £120 per person

A beautifully nurturing spa experience designed for each stage of pregnancy or the perfect treat for new mums to find your inner peace.

#### Includes:

- Half day full use of our stunning spa (4 hours)
- 45 minute personalised treatment
- Relax post treatment in our rejuvenation room with a delicious herbal tea
- Enjoy a 2 course lunch served in our Glenbervie Bistro.

\*Available after the first trimester.

### Soothe the Soul

4 hours | £150 per person

Soothe your soul with the sounds of the sea and feel revived with one of our special Made for Life treatments, restoring peace and calm to your inner self.

#### Includes:

- Half day full use of our stunning spa (4 hours)
- 1 hour treatment of your choice, choose from: Mindful Moments, Rose Quartz Wellness Facial, 'Reflexology or 'Reiki
- Relax in our relaxation room post treatment with plenty of herbal tea
- Afternoon Tea with a glass of Prosecco in our Glenbervie Bistro.

\*Subject to availability

### Secret Seaweed Day Escape

£180 per person

Let the healing powers of the ocean soothe the mind, body and soul with our luxury seaweed products. Escape and let the perfect combination of treatments ease fatigue and restore vitality.

- Full day use of our stunning spa (6 hours)
- Recharge your energy with our Organic Tangle me up Body Wrap (75 minutes)
- Give your face a nutrient shot with a blissful Organic Boost Facial (30 minutes)
- Relax in our rejuvenation room post treatment with herbal tea
- 2 course lunch served in our Glenbervie Bistro.

### Mullion Cove Romantic Escape Day

£260 per couple

The perfect way to escape with that special someone, rekindle the magic and fall in love with those Atlantic Ocean views.

#### Includes:

- Full day use of our stunning spa (6 hours)
- Organic Soothe and Nourish Facial and Back of Body Massage in our exclusive couples suite
- Unwind in our rejuvenation room post treatment with fizz and selected nibbles and plenty of herbal tea
- 2 course lunch in our Glenbervie Bistro.

### Twilight Spa Evening, 5–8pm

3 hours | £45 per person

3 hours | £69 per person\*

At the end of long hard day why not relax to the sounds of the Mullion Cove waves crashing against the coast. Our Twilight Spa evening is the perfect place to unwind.

#### Includes:

- 3 hours full use of our stunning spa
- Glass of Prosecco
- £69\* including a 2-course dinner in our Glenbervie Bistro.

### Two's Company

4 hours | £159 per couple

Treat your loved one to our Two's company half day spa package. Enjoy 4 hours use of our facilities and a couples 40 minute massage with our Made for Life Rose oil and foot bath. Relax post treatment in our rejuvenation room with a glass of fizz and indulge in a light bite lunch from our bistro menu.

#### Includes:

- Half day full use of our stunning spa (4 hours)
- 40 minute Made for Life massage with a rose oil footbath
- Relax in our relaxation room post treatment with a glass of Prosecco
- Light bite lunch in our Glenbervie Bistro.

# SPADAYS



## Spa Etiquette

### How to Book

Treatments and spa days are available daily to residents and non-residents. Please call 01326 242004 to spoil yourself or a loved one.

### Arrival at the Spa

Upon arrival please make your way to the Spa reception and you will be shown the spa facilities and procedures. For treatments, please arrive 15 minutes prior to your appointment to complete a health questionnaire and to ensure full treatment time.

### Treatment Times and Booking Policy

We advise advance booking for all treatments. Full payment is required for all Spa Days at the time of booking. Treatment times are detailed in the treatment menu and include consultation and changing time.

### Health Conditions

When booking, we kindly ask that you inform us of any health condition or if you are pregnant so that we can advise accordingly. A health consultation will be performed prior to any treatments are performed.

### Spa Attire

For spa days, a robe and towel are provided on arrival. Robes may be worn in the spa, treatment suites, hotel lounges and Glenbervie Bistro.

### Cancellation Policy and Late Arrivals

**Please note:** If cancelling a booking or spa day within 24 hours prior to your appointment, full payment is required and spa day deposit will be retained if we are unable to resell your appointment. If running late, a courtesy call will help us endeavour to achieve full treatment time, however this may not always be possible.

All pricing and treatments are correct at time of printing. Mullion Cove Hotel & Spa reserves the right to amend pricing and treatment choices at our own discretion.

### Under 18's

Children under 18 are not permitted within the spa complex as this is an adult area only. Children may use the outdoor pool between 3pm and 6pm and must always be supervised by a responsible adult. From 6pm daily the pool use is restricted to adults only.



*A World of its Own...*



*Looking for the perfect gift?*

We have a selection of online gift vouchers which can be purchased via our website.

For more information visit [www.mullion-cove.co.uk/hotel-gift-vouchers](http://www.mullion-cove.co.uk/hotel-gift-vouchers)





# MULLION COVE

## HOTEL & SPA

*A World of its Own*

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